HOW TO ORDER REPLACEMENT PARTS

If you encounter any difficulties with this product or if you need to order replacement parts, please call or write the ICON Health & Fitness, Ltd. office.

ICON Health & Fitness, Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code:

0345-089009

Fax: 0113-2411120

When calling or writing, please provide the following information:

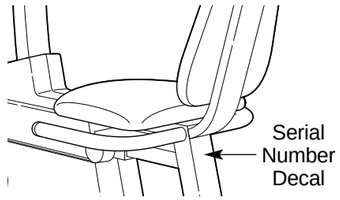
- The MODEL NUMBER of the product (PFEVEX11500)
- The NAME of the product (PROFORM® 975R)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14).

PROFORM® is a registered trademark of ICON Health & Fitness, Inc.

Part No. 169368 R0900A

Printed in China © 2000 ICON Health & Fitness, Ltd.

Model No. PFEVEX11500
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction.

Please CALL:

0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
West Yorkshire
Leeds LS7 2AA

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

PRO-FORM® 975R

ekg grip pulse

USER'S MANUAL

Visit our website at

www.proform.com

new products, prizes, fitness tips, and much more!

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® 975R.

1. **Read all instructions in this manual before using the 975R.**

2. **It is the responsibility of the owner to ensure that all users of the 975R are adequately informed of all precautions. Use the 975R only as described in this manual.**

3. **Use the 975R indoors on a level surface. Keep the 975R away from moisture and dust. Place a mat under the 975R to protect the floor or carpet.**

4. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**

5. **Keep children under the age of 12 and pets away from the 975R at all times.**

6. **The 975R should not be used by persons weighing more than 113 kg.**

7. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the 975R. Always wear athletic shoes when using the 975R.**

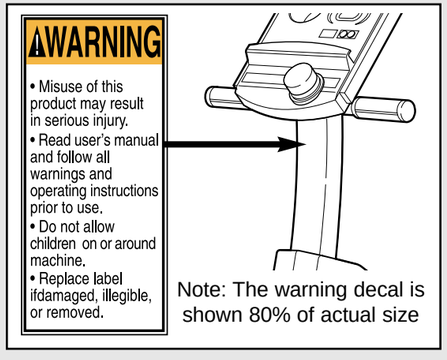
8. **Always keep your back straight when using the 975R. Do not arch your back.**

9. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

11. **The 975R is intended for in-home use only. Do not use the 975R in a commercial, rental, or institutional setting.**

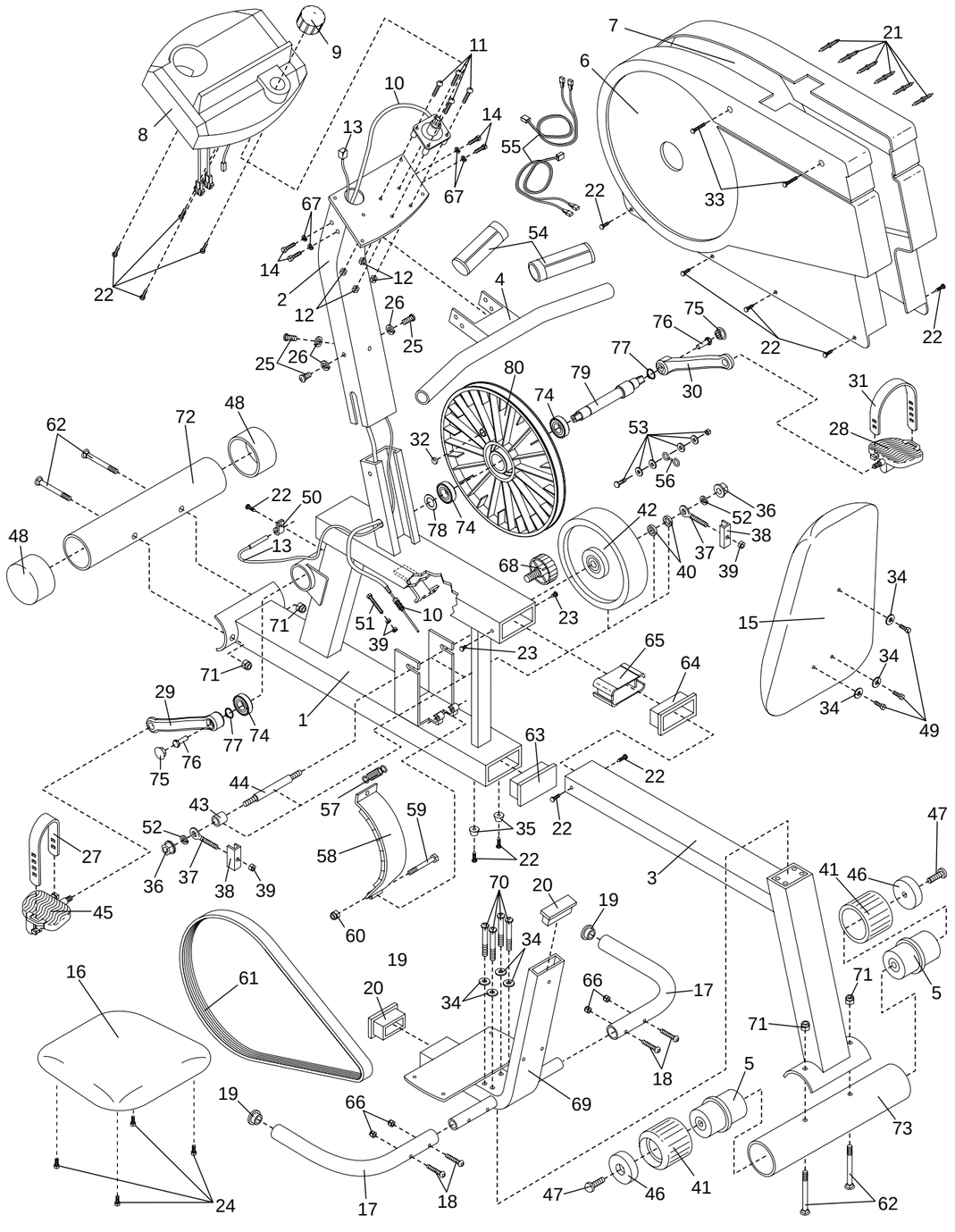
12. **The decal shown below has been placed on the 975R. If the decal is missing or illegible, please call our Customer Service Department at 0345-089009 to order a free replacement decal. Apply the decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label ifdamaged, illegible, or removed.

Note: The warning decal is shown 80% of actual size

EXPLODED DRAWING—Model No. PFEVEX11500

R0900A



PART LIST—Model No. PFEVEX11500

R0900A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	43	1	10mm x 13mm Spacer
2	1	Upright	44	1	Flywheel Axle
3	1	Seat Frame	45	1	Left Pedal
4	1	Handlebar	46	2	Wheel Spacer
5	2	Wheel Hub	47	2	M6 x 16mm Self-tapping Screw
6	1	Left Side Shield	48	2	Round Endcap
7	1	Right Side Shield	49	3	M6 x 35mm Phillips Screw
8	1	Console	50	1	Cable Clamp
9	1	Resistance Knob	51	1	M6 x 56mm Bolt
10	1	Resistance Cable/Control	52	2	M8 Split Washer
11	4	M5 x 30mm Screw	53	1	Clamp Assembly
12	4	M5 Nut	54	2	Pulse Grip
13	1	Reed Switch/Wire	55	2	Pulse Wire
14	4	M6 x 25mm Hex Screw	56	1	Resistance Hook
15	1	Backrest	57	1	Resistance Spring
16	1	Seat	58	1	Magnet Bracket
17	2	Seat Handle	59	1	M8 x 65mm Hex Bolt
18	4	M6 x 34mm Button Bolt	60	1	M8 Nylon Locknut
19	4	Endcap	61	1	Drive Belt
20	2	25mm x 75mm Endcap	62	4	M10 x 70mm Carriage Bolt
21	6	Tree Fastener	63	1	2” x 4” Endcap
22	19	#8 x 5/8” Screw	64	1	Frame Bushing
23	2	#8 x 3/8” Screw	65	1	Seat Frame Bushing
24	4	M6 x 16mm Phillips Screw	66	4	M6 Nylon Locknut
25	3	M10 x 25mm Button Screw	67	4	M6 Split Washer
26	3	M10 Split Washer	68	1	Lock Knob
27	1	Left Pedal Strap	69	1	Seat Bracket
28	1	Right Pedal	70	4	M6 x 48mm Button Bolt
29	1	Left Crank Arm	71	4	M10 Nylon Locknut
30	1	Right Crank Arm	72	1	Front Stabiliser
31	1	Right Pedal Strap	73	1	Rear Stabiliser
32	1	Magnet	74	3	Crank Bearing
33	2	M4 x32mm Screw	75	2	Crank Cap
34	7	M6 Flat Washer	76	2	Crank Bolt
35	2	Rubber Bumper	77	2	Snap Ring
36	2	M8 Flanged Hex Nut	78	1	Crank Spacer
37	2	M6 Eyebolt	79	1	Crank Axle
38	2	Adjustment Bracket	80	1	Pulley
39	4	M6 Nut	81	1	M4 x 16 mm Screw
40	2	M10 Washer	#	1	User’s Manual
41	2	Wheel	#	1	4mm Allen Wrench
42	1	Flywheel	#	1	5.5mm Allen Wrench

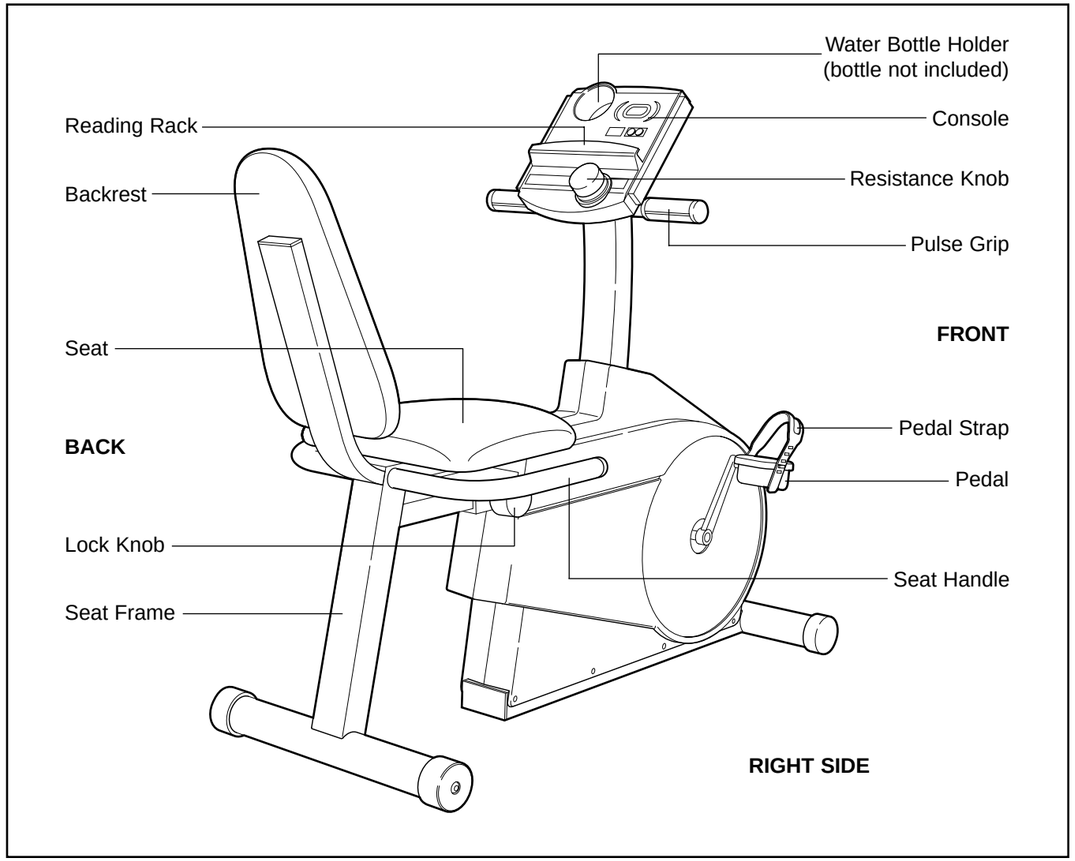
Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

BEFORE YOU BEGIN

Thank you for selecting the innovative PROFORM® 975R. The PROFORM 975R offers a unique form of low-impact exercise that offers greater cardiovascular benefits and increased muscle toning. The 975R features adjustable resistance to let you tailor your exercise to the level that’s perfect for you. And when you’re not exercising, the 975R can be folded for compact storage.

For your benefit, read this manual carefully before you use the PROFORM 975R. If you have additional questions, please call our Customer Service Department at **0345-089009.** To help us assist you, please mention the product model number and serial number when calling. The model number is PFEVEX11500. The serial number can be found on a decal attached to the 975R (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

ASSEMBLY

Place all parts of the PROFORM® 975R in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

Assembly requires the included tools and your own adjustable spanner **.**

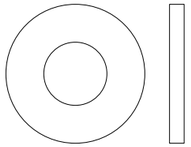
If further assistance is needed, please call our Customer Service Department at 0345-089009.

PART CHART

Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**

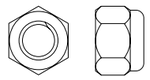
M6 Split Washer (67)–4

M10 Split Washer (26)–3

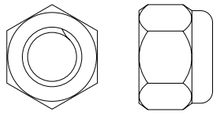


M10 Flat Washer (40)–1

M6 Flat Washer (34)–7

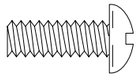


M6 Nylon Locknut (66)–4

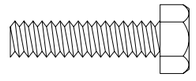


M10 Nylon Locknut (71)–4

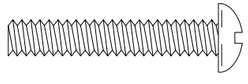
#8 x 5/8” Screw (22)–4



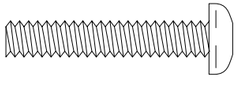
M6 x 16mm Phillips Screw (24)–4



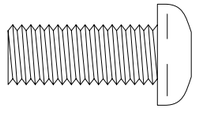
M6 x 25mm Hex Screw (14)–4



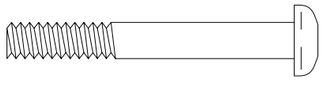
M6 x 35mm Phillips Screw (49)–3



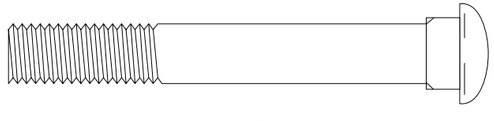
M6 x 34mm Button Bolt (18)–4



M10 x 25mm Button Screw (25)–3



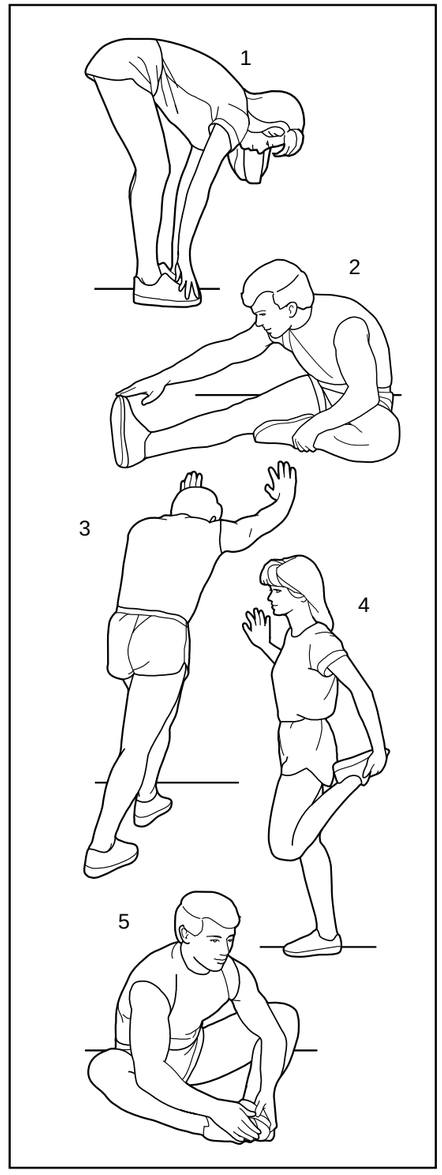
M6 x 48mm Button Bolt (70)–4



M10 x 70mm Carriage Bolt (62)–4

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

Exercise has proven essential for good health and well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to deal with stress, and greater self-esteem.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140
85	118–144	114–139

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

To measure your heart rate, first exercise for at least four minutes. Then, stop pedalling and measure your heart rate using the pulse sensor. If you have any questions, see HOW TO USE THE PULSE SENSOR on page 10 of this manual. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

A well-rounded workout includes three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 40 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

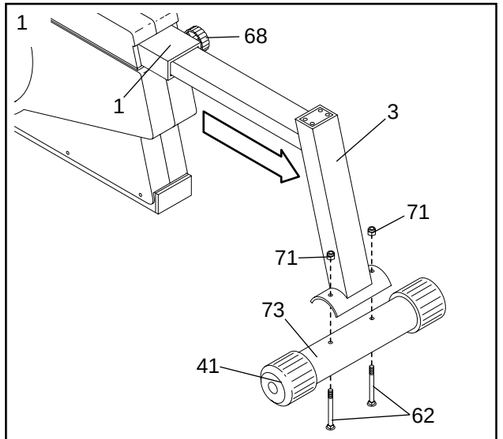
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Important: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

1. Loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame (3) out until it stops. Tighten the Lock Knob.

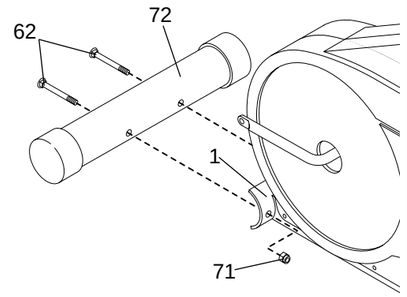
   Identify the Rear Stabiliser (73), which has Wheels (41) on the ends. Attach the Rear Stabiliser to the Seat Frame (3) with two M10 x 70mm Carriage Bolts (62) and two M10 Nylon Locknuts (71).

1



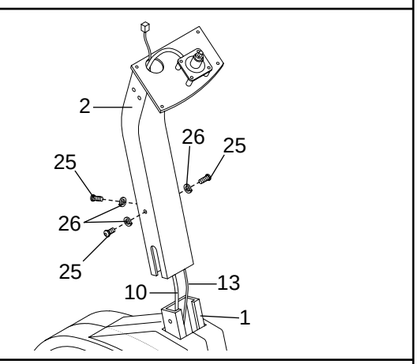
2. Attach the Front Stabiliser (72) to the Frame (1) with two M10 x 70mm Carriage Bolts (62) and two M10 Nylon Locknuts (71).

2



3. Attach the Upright (2) to the Frame (1) with three M10 x 25mm Button Screws (25) and three M10 Split Washers (26). **Be careful not to pinch the Reed Switch Wire (13) or the Resistance Cable (10).**

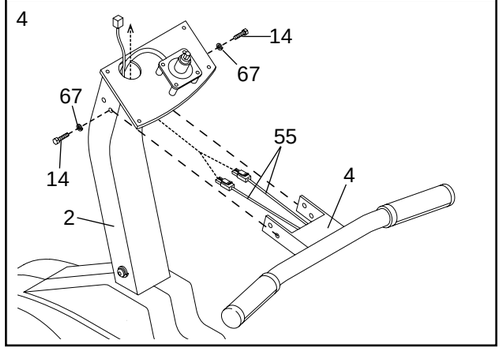
3



4. Route both Pulse Wires (55) up through the Upright (2) as shown.

   Attach the Handlebar (4) to the Upright (2) with two M6 x 25mm Hex Screws (14) and two M6 Split Washers (67), **but do not tighten the Screws yet. Make sure that the Screws are threaded into the indicated holes. Note: Two additional Screws will be attached in step 6.**

4



5. Connect the Reed Switch Wire (13) and the Pulse Wires (55) to the corresponding wires on the Console (8). If your Console has a ground wire, attach it to the Upright (2) with the M4 x 16 mm Screw (81).

   Next, attach the Console (8) to the Upright (2) with four #8 x 5/8" Screws (22).

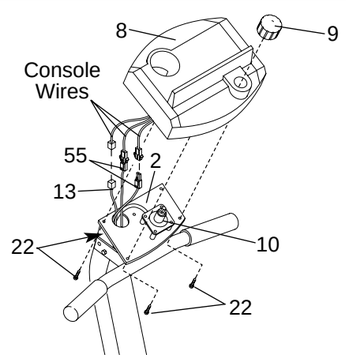
   Press the Resistance Knob (9) onto the Resistance Control (10). Be sure that the mark on the Knob is correctly aligned.

6. Finish attaching the Handlebar (4) to the Upright (2) with two additional M6 x 25mm Hex Screws (14) and M6 Split Washers (67). **Tighten all four Hex Head Screws.**

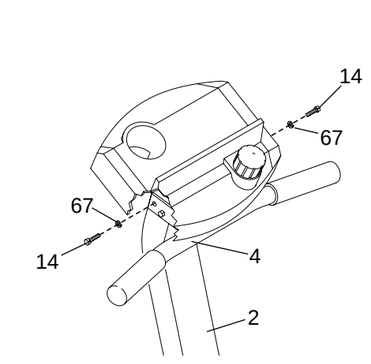
7. Attach the Seat Bracket (69) to the Seat Frame (3) with four M6 x 48mm Button Bolts (70) and four M6 Flat Washers (34).

8. Attach the Seat (16) to the Seat Bracket (69) with four M6 x 16mm Phillips Screws (24).

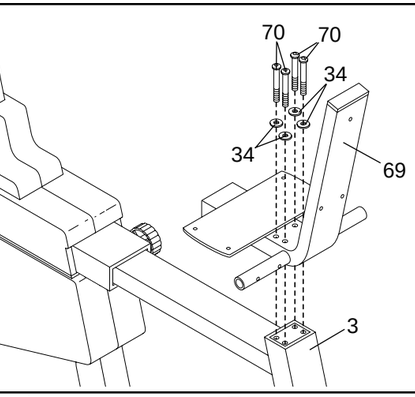
5



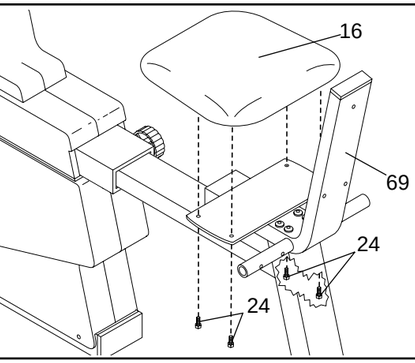
6



7



8



MAINTENANCE AND STORAGE

Inspect and tighten all parts of the PROFORM® 975R regularly. The 975R can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

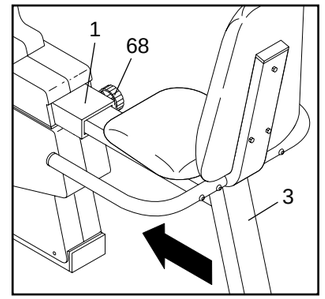
TIGHTENING THE PEDALS

For best performance, the pedals must be kept properly tightened. Regularly tighten both pedals.

BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 12 on page 8.

HOW TO STORE THE PROFORM® 975R



When the PROFORM® 975R is not in use, the Seat Frame (3) can be adjusted to the storage position. First, loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame (3) into the Frame as far as possible. Tighten the Lock Knob. Store the PROFORM® 975R indoors, away from moisture and dust.

BATTERY INSTALLATION

Before the console can be operated, two 1,5V batteries must be installed (see assembly step 12 on page 8).

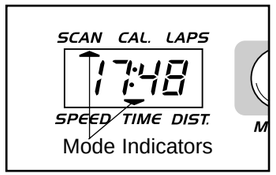
HOW TO OPERATE THE CONSOLE

If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the on/reset button or simply begin pedalling. When the power is turned on, one LED indicator will light in the LED track, and the entire display will appear for two seconds. The console will then be ready for operation.

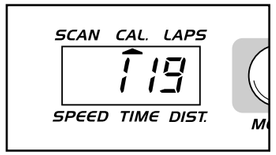
2. Select one of the modes:

Scan mode—When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed.



Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.

Speed, time, distance, laps or calorie mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)



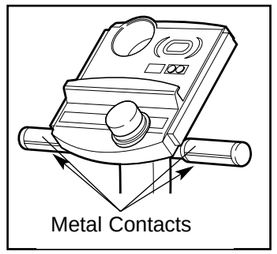
3. The LED track represents a distance of 1/4 mile. As you exercise, the indicators around the track will light one at a time until you have completed 1/4 mile. A new lap will then begin.

4. To reset the display, press the on/reset button.

5. To turn off the power, simply wait for about four minutes. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

HOW TO USE THE PULSE MONITOR

The built-in pulse monitor allows you to measure your heart rate at any time during your workouts. You can measure your heart rate before you begin exercising, while you exercise, and again when you finish.



To use the pulse monitor, first make sure that the power is on. Next, stop exercising, rest both feet on the floor, and place your hands on the metal contacts of the pulse monitor. **Your palms must be resting on the inner contacts and your fingers must be touching the outer contacts.** Avoid moving your hands. When your pulse is detected, a heart-shaped indicator in the display will flash. After a moment, three dashes will appear and your heart rate will be shown. For the most accurate reading, continue to hold the contacts for about 15 seconds.

PULSE MONITOR TROUBLE-SHOOTING

- Do not squeeze the metal contacts too tightly or move your hands while using the pulse monitor. Doing so may interfere with heart rate readings. If the pulse monitor is not used correctly, the heart-shaped indicator in the display will flash repeatedly but your heart rate will not be shown.

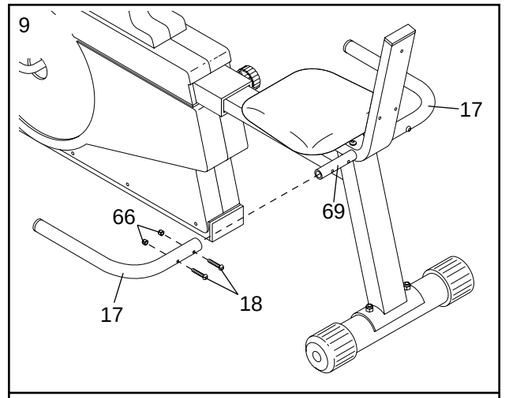
- If an “L” or an “H” appears in the display, the pulse monitor is receiving too little or too much pulse information. Let go of the metal contacts and then place your hands on the contacts again. Your palms must be resting on the inner contacts and your fingers must be touching the outer contacts.

- For the most accurate heart rate reading, wait for about 15 seconds.

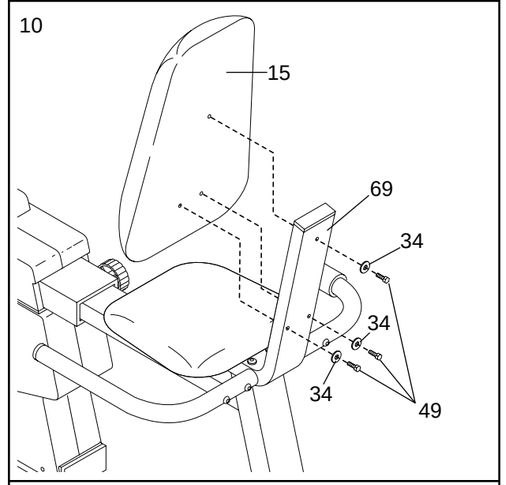
- For optimal performance of the pulse monitor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—do not use alcohol, abrasives, or chemicals.

9. Attach a Seat Handle (17) to the Seat Bracket (69) with two M6 x 34mm Button Bolts (18) and two M6 Nylon Locknuts (66).

   Attach the other Seat Handle (17) to the Seat Bracket (69) in the same manner.



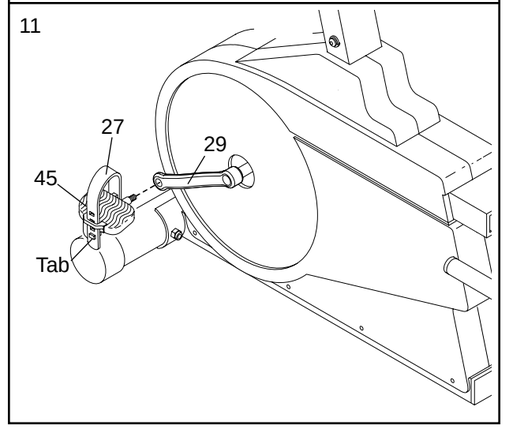
10. Attach the Backrest (15) to the Seat Bracket (69) with three M6 x 35mm Phillips Screws (49), and three M6 Flat Washers (34).



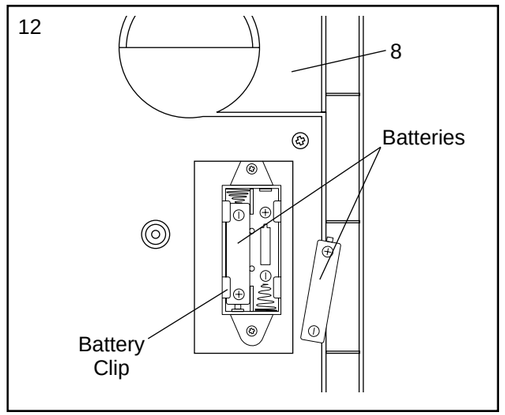
11. Identify the Left Pedal (45); there is an “L” on the Left Pedal for identification. Using an adjustable wrench, tighten the Left Pedal counterclockwise into the Left Crank Arm (29). Tighten the Right Pedal (not shown) clockwise into the Right Crank Arm. **Tighten both Pedals as fully as possible.**

    Important: After using the exercise cycle for one week, retighten the pedals. For best performance, the pedals must be kept properly tightened.

    Next, adjust the Pedal Strap (27) on the Left Pedal (45) to the desired position. Press the Pedal Strap onto the adjustment tab on the Left Pedal. Adjust the Pedal Strap on the Right Pedal (not shown) in the same way.



12. The Console (8) requires either two or three 1,5V batteries (not included); alkaline batteries are recommended. Open the battery cover (not shown) on the back of the Console. Press the batteries into the battery clip. **Make sure that the negative (–) ends of the batteries are touching the springs.** Close the battery cover. Note: If the battery clip holds three batteries, you must insert three batteries.

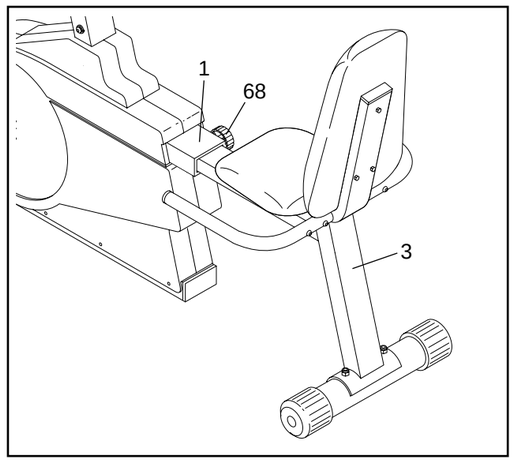


13. **Make sure that all parts are properly tightened before you use the PROFORM® 975R.** Note: Some hardware may be left over after assembly is completed.

HOW TO USE THE PROFORM® 975R

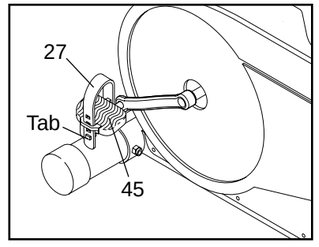
HOW TO ADJUST THE SEAT FRAME POSITION

The Seat Frame (3) can be adjusted to the position that is the most comfortable for you. To adjust the Seat Frame, first loosen the Lock Knob (68) on the right side of the Frame (1). Slide the Seat Frame forward or backward to the desired position. Tighten the Lock Knob.



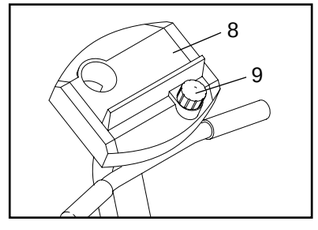
HOW TO ADJUST THE PEDAL STRAPS

To adjust each Pedal Strap (27), first pull the end of the Pedal Strap off the adjustment tab on the Pedal (45). Align a different hole in the Pedal Strap with the tab. Press the Pedal Strap onto the tab.



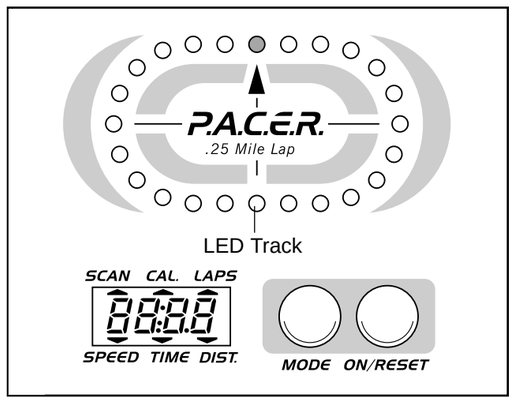
HOW TO ADJUST THE PEDALLING RESISTANCE

The pedalling resistance can be adjusted with the Resistance Knob (9) located on the Console (8). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.



DESCRIPTION OF THE CONSOLE

The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress around the LED track, while the display provides continuous exercise feedback. The modes of the display are described below.



Speed—This mode displays your pedalling speed, in miles per hour.

Time—This mode displays the elapsed time. Note: If you stop exercising, the time mode will pause.

Distance—This mode displays the total distance you have pedalled, in miles.

Laps—This mode displays the number of 1/4-mile laps you have completed around the LED track.

Calorie—This mode displays the approximate number of Calories you have burned.

Scan—This mode displays the speed, time, distance, laps and calorie modes, for 5 seconds each, in a repeating cycle.

Pulse—This mode shows your heart rate when the pulse monitor is used. (See HOW TO USE THE PULSE MONITOR on page 10.)